BODACIOUS RETURN?

RUMOUR HAS IT KEANU REEVES AND ALEX WINTER WILL REPRISE THEIR ROLES AS THE EXCELLENT BILL AND TED PAGE 12

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Monday, August 13, 2012

News worth sharing.

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IT'S GAMES OVER NOW

Rosie MacLennan, right, who won a gold medal for Canada in trampoline, and trampolinist Karen Cockburn celebrate with the Canadian Olympic team at the closing ceremony of the 2012 Summer Olympics in London on Sunday. More coverage, pages 4, 20 & 21. SEAN KILPATRICK/THE CANADIAN PRESS

Read it and weep

A freeze on 2013 funding means the London Public Library could have to slash hours and order fewer new books PAGE 3

Training wheels

A London teenager's cross-country journey on the Peace Bus is part of a mission to open teens' eyes to diversity PAGE 4

Easing back into sleep

Summer for kids is a time of fun, frolic — and disrupted sleep. Now's the time for parents to reintroduce a regular sleeping routine PAGE 17

A dish worthy of the B-52s

Rock lobster tacos will have your guests clawing for more PAGE 16

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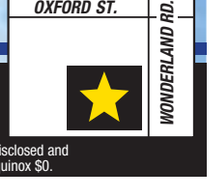


*All sales prices include all dealer fees and are plus HST and licensing only. All payments are based on the term and rate as disclosed and all payments include HST. Cost of borrowing is as follows: Cruze $0, Malibu $0, Sonic $0, Orlando $2345, Silverado $1278, Equinox $0.

Coming up

Feds to make agricultural announcement

Parliamentary secretary Pierre Lemieux is coming to London on Monday for an announcement officials say will benefit Canadian grain producers and processors.

Lemieux, making the trip on behalf of federal Agriculture Minister Gerry Ritz, will be at NeoVenture Biotechnology Inc. in north London for the announcement.

METRO

Life-threatening

Injured man found on road after ATV rollover

A Paisley man was fighting for his life in a London hospital Sunday night after a major crash in the Municipality of South Bruce.

Ontario Provincial Police were called just after 3 a.m. Saturday to reports of an ATV rollover on Balaclava Street in the village of Paisley, about 176 kilometres north of London..

When they arrived on the scene, they found a 2008 Polaris S5H with extensive damage.

They also found a 36-year-old man lying in the middle of the road.

He was transported to the nearby Chesley Hospital, but was later transferred to the London Health Sciences trauma unit with serious injuries.

The West Region OPP technical traffic collision investigation team assisted with the investigation.

AM980/AM980.CA

People walk by the London Public Library's main branch (251 Dundas St.) on Sunday afternoon. Library hours will be cut and seasonal Sunday service will be slashed under the 2013 budget target set by the city. ANGELA MULLINS/METRO

Library board has a read on budget cuts

Let's get it started. Approves what could be first round of 2013 service cuts in city

ANGELA MULLINS
angela.mullins@metronews.ca

Tax freeze or not, the London Public Library may still be faced with slashing hours and adding fewer new items to its collections, board chairman Josh Morgan said Sunday.

All of the 2013 tax targets batted around city hall in the past several months — zero per cent, 3.8 per cent and two per cent — would have meant the same thing for the library: No increase over 2012 funding and a projected $410,000 deficit without cuts.

"It was never going to be an across-the-board increase," Morgan said about the amount that would be funnelled into various boards and commissions if taxpayers were charged more. "We were at zero in any scenario."

The library board is the first to take action in what's expected to be more than six months of budget reports — and sizeable service cuts — headed to city hall.

Board members have approved a four-step plan to cover the budget shortfall, and, at the same time, have sent a strong message to city council about the implications of holding the status quo on funding.

The library, which operates on about $18 million annually, has already slashed about $500,000 from its budget to meet previous targets set by city hall, Morgan said.

"The point is, we've found the easy stuff, and this is where we're at," he said, referring to service cuts that the board has approved. "The board felt it was important to be clear about what we need to do to meet (the) target."

The biggest cost savings would come through reducing hours at most locations. Ending seasonal Sunday service at the main library on Dundas Street and reducing the collections budget are also in the money-saving plan.

Coun. Nancy Branscombe, who sits on the library board, is sending out an early call for other boards and commissions to figure out what cuts need to be made to hit council's tax targets.

"My concern is it can't be just part of the city that makes the sacrifice the get to zero and makes the service cuts," she said. "Everyone has to have some skin in the game."

By the numbers

Library-board-approved cuts to save $410,000:

- **Reduction in service hours:** $210,000
- **2013 collections budget reduction:** $100,000
- **Personnel-related matters approved in camera:** $60,000
- **Elimination of Sunday service:** $40,000

eHealth. CEO takes bonus while workers seek theirs

The CEO of eHealth Ontario will be paid a bonus of over $80,000 this year, even though staff at the provincial agency have launched a class-action suit to get back the bonuses they were promised but denied.

EHealth confirms president and CEO Greg Reed, who makes $329,000 annually, will be paid a bonus of $81,250 this year.

EHealth spokesman Robert Mitchell also wouldn't comment on a class-action suit filed by eHealth employees after Health Minister Deb Matthews told the agency to cancel their promised bonuses of up to 7.8 per cent in 2011.

THE CANADIAN PRESS

In the red

$15B

Ontario's deficit sits at $15 billion.

Aug. 10-12 edition

Correction

Vanessa Natalia, the founder of vintage online clothing store Ragemarket (ragemarket.wordpress.com), is 23 years old.

Incorrect information appeared in the story headlined Got clothes to swap? Come and Let Loose, which appeared on page 6 of the Aug. 10-12 weekend edition of Metro London.

METRO

Weather. Don't put away those galoshes just yet

Environment Canada is calling for a rainy week and a few more drops in the bucket toward warding off drought conditions plaguing Ontario.

About 35 millimetres of rain fell at the London International Airport from Thursday to Sunday, according to Environment Canada data. Most of that came Friday when 22.3 millimetres were recorded.

That puts London-area rainfall at 36.5 millimetres since Aug. 1, within reach of the 41.9 millimetres that fell for the whole month of July.

Average London-area rainfall for July is 82.2 millimetres, according to Environment Canada records. The number's 85.3 millimetres for August.

This week's forecast calls for rain to start Monday night and continue into Tuesday. Wednesday will be sunny with rain returning Thursday and Friday.

Highs will hover around 25 C.

ANGELA MULLINS/METRO

Mobile news

After 16 days of intense competition, it all came to an end yesterday. Scan the code to see highlights from the Olympic closing ceremony.

Funding cut. EMS to lose nearly $250K this year

Teresa Armstrong
METRO FILE

Just as demand for service is increasing, funding for Middlesex-London EMS is being decreased.

The ambulance service received notice just last week that its budget for the rest of 2012 was being cut by approximately $242,000. Its annual budget is about $12 million.

The province's decision might require the City of London to top up the EMS budget.

Local politicians were not happy with the announcement.

"You can't just make these kinds of decisions … and expect emergency medical services to change their whole way of operations, while making sure that people's lives are their first priority," said London-Fanshawe MPP Teresa Armstrong. "That's a tough blow to those services."

Under the current arrangement, the province is responsible for 50 per cent of EMS costs, the city pays 42.5 per cent, and the county covers the rest.

"This government needs to make sure that their priorities are for the health care when it's the front-line health care," said Armstrong. "If you can't depend on that, that's not an Ontario I want to live in."

News of the budget cut comes at a time when demand for EMS service has spiked. Officials say they've had to add 329 ambulance hours over the past three months, above what they had initially budgeted.

Health Minister Deb Matthews issued a statement saying the ministry is working to remedy the situation.

She says funding is based on the council-approved budget that is submitted to the ministry. AM980/AM980.CA

Teachers' contracts

McGuinty asks school boards to 'get it done'

Premier Dalton McGuinty stepped up the pressure on Ontario school boards Friday, saying he doesn't want to hear that they can't sign new contracts with teachers by Sept. 1.

"I say to boards, don't tell me it can't be done," McGuinty said after touring a school in Waterloo.

"The Toronto District Catholic Board, one of the biggest in the country, got it done, so I know we can get it done in this community just as we can in other communities right around the province."

The Liberal government sent out letters Friday to every school trustee in the province urging them to get the contracts signed.

The government is threatening legislation if boards and teachers don't sign new agreements by Sept. 1, when the old contracts would automatically roll over and give teachers raises of up to 5.5 per cent. THE CANADIAN PRESS

Take a hike. Health unit asks Londoners to get moving

A report issued by the Middlesex-London Health Unit says Londoners need to consider more active modes of transportation in their everyday lives.

Those modes include any form of human-powered transportation like walking or biking, as well as taking public transportation on a regular basis.

The 30-page report will be submitted to council as part of ReThink London, the city program soliciting input from citizens on how to improve our quality of life.

The health unit calls on city council to build more sidewalks, bike lanes, and other things that encourage physical activity, such as walking and cycling.

Graham Pollett, medical officer of health for Middlesex-London, says we need to think of better ways to commute without relying on an automobile.

"Londoners need to become more physically active for a whole variety of reasons; from our perspective, of course, for health reasons," he said. "We know from surveys that have been done that only eight per cent of Londoners are currently walking or cycling to work and we need to improve upon that, for sure." AM980/AM980.CA

Full report

- The full report can be seen at healthunit.com.

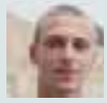
Your turn: Did our Olympic athletes make you proud?

We asked Londoners what their personal highlight of the London 2012 Summer Olympics was. Here's what you said:

On Twitter:

@loraliepaddock
Time may change it, but right now, it's the class and dignity of the men's 4x100 relay team after the DQ. #proud #Rio2016

@SarahCarms
The women's soccer teams reaction when Diana Matheson scored that goal for Bronze! They were so happy and proud!

Cody Biddle, 20

"The bronze-medal high-jump win for the Canadians."

Madeline Charlevois-Neftle, 10

"I like the trampoline when the Canadian won gold."

Rodney Hurst, 36

"Knowing that we're getting some medals. We're doing better (during each Olympics) as far as I see."

Martin Charlevois, 31

"The women's soccer against the United States. That was an intense match."

Tara McLeod, 19

"The women's soccer (team) winning bronze."

What was the best part of the Olympics for you? Ask a friend, or the stranger sitting next to you!

Anna Shearing, 15, of Vancouver, left, and Cori Baldwin Paquette, 16, of London assemble harm-reduction kits Sunday during the Children's International Summer Villages' Peace Bus stop in the Forest City. The kits were assembled at the Regional HIV/AIDS Connection (186 King St., Unit 30) and will be given to intravenous drug users to help reduce the spread of diseases like hepatitis C. ANGELA MULLINS/METRO

Teens hop on bus to broaden horizons

Journey. Coast-to-coast tour of Peace Bus makes stop in Forest City with Londoner in tow

ANGELA MULLINS
angela.mullins@metronews.ca

Spending the last month of summer vacation on a bus with 14 other people might not be every teenager's cup of tea.

But it's right up Cori Baldwin Paquette's alley, and all part of the 16-year-old Londoner's philosophy about becoming a well-rounded person.

She was in her hometown for part of Saturday and Sunday, carrying out a community-service project with other people on board the Children's International Summer Villages' (CISV) Peace Bus.

"You have to be pushed into new situations. Being on a bus with that many other people, you have to make friends," Baldwin Paquette said. "You have to get along with one another."

The bus — filled mostly with teens 14 to 18 years old — left Halifax on July 26 and will end its journey Sept. 2 in Victoria. Along the way, the bus is stopping in about 20 communities to do volunteer work and learn about Canada's wide array of cultures.

So far, the volunteer projects have included working at an organic farm, soup kitchens and food banks. The teens have also spent time with a Holocaust survivor and a First Nations elder.

Ultimately, the trip aims to open youths' eyes to diversity and help fulfil CISV's belief that peace is possible through friendship, especially if the lesson is learned at a young age.

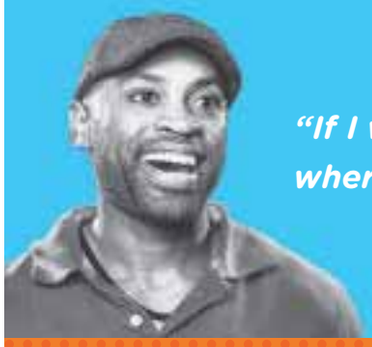
It's a message that's not lost on Baldwin Paquette.

"We're very boxed in. We stay in our own groups through high school and pick our friends," the H.B. Beal Secondary School Grade 11 student said.

"Getting to know my community, getting to know other people's communities is very important."

More online

- To keep up with the Peace Bus team on its journey across Canada, check out facebook.com/PeaceBus
- To learn more about Children's International Summer Villages, visit cisv.ca.



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Egypt. President retires top staff in brazen move to take power back from army

Outgoing Egyptian armed forces chief of staff Sami Anan.
AMR NABIL/THE ASSOCIATED PRESS FILE

Egypt's Islamist president ordered the retirement of the defence minister and chief of staff on Sunday and made the boldest move so far to seize back powers that the military stripped from his office right before he took over.

Mohammed Morsi has been locked in a power struggle with the military since he took office on June 30. But after militants killed 16 Egyptian soldiers a week ago at a border post with Israel in Sinai, he has sought more aggressively to assert his authority over the top generals.

He fired the nation's intelligence chief a few days ago and made two highly publicized visits to Sinai in the company of top commanders. He also chaired several meetings with the military brass and made a point of calling himself the supreme commander of the armed forces in televised speeches. THE ASSOCIATED PRESS

Alberta

Murder charge in ex-Mountie's death

RCMP have charged a man with first-degree murder in connection with the death of a retired Mountie who was working as a peace officer in a south of Calgary.

Police say Trevor Kloschinsky, 46, makes his first court appearance Monday morning in Calgary to face the charge.

THE CANADIAN PRESS

Halifax

Tortoise celebrates 90th birthday

Gus the tortoise celebrated his 90th birthday Sunday with almost 1,000 people at the Museum of Nature in Halifax.

Museum staff believe Gus, who is barely bigger than a kitten, is the oldest gopher turtle in the world. They estimate he hatched sometime between 1920 and 1925.

THE CANADIAN PRESS

Public health. Is a gun like a virus or car? Experts say yes

Public-health experts are calling for a fresh look at gun violence as a social disease in the wake of recent mass shootings in the U.S.

What is needed, they say, is a public-health approach to the problem, like the highway safety measures, product changes and driving laws that slashed deaths from car crashes decades ago, even as the number of vehicles on the road rose.

One example: Guardrails are now curved to the ground instead of having sharp metal ends that stick out and pose a hazard in a crash.

It isn't enough to tackle gun violence by focusing solely on the people doing the shooting, the experts say. They want a science-based, pragmatic approach based on the reality of a society saturated with guns and the need for harm prevention. THE ASSOCIATED PRESS

A victim of Saturday's earthquake makes her way the ruins of buildings in a village near the city of Varzaqan in northwestern Iran, Sunday.
MAHSA JAMALI/THE ASSOCIATED PRESS/MEHR NEWS AGENCY

Quake felt like 'end of the world': Victim

Iran. More than 250 dead, entire villages razed and 16,000 left homeless

Residents of the zone in northwestern Iran hit by powerful twin earthquakes described moments of terror and panic with birds crowing loudly in warning seconds before the ground shook. As the death toll rose Sunday to more than 250 with entire villages levelled, rescuers called off searches for survivors and turned their attention to caring for the 16,000 people left homeless.

Quoted

"The moment the earthquake hit, it was like a snake biting from underground. It was the worst experience of my life."

Morteza javid, earthquake victim

At least 20 villages were totally destroyed in the quakes on Saturday that were followed by some 36 aftershocks, state television reported. Ahmad Reza Shajiei, a senior government official, said more than 5,000 tents have been set up to shelter the thousands of displaced who spent the night outdoors.

"The walls were shaking and moving from side to side. It took about a minute before I could run out of the house," said survivor Morteza Javid. "Seconds before the earthquake, crows were making a lot of noise, but I didn't understand why. It was only after the quake that I learned the crows were warning us." Javid said he drove more than a dozen injured people to hospitals during the night.

Television showed images of people being evacuated on stretchers, while others were treated for broken limbs and concussions. Dozens of families were sleeping on blankets laid out on the ground in parks. Some were crying, and others shivered from the cold.

Naimeh Alapour said she ran out of her house without the mandatory Islamic headscarf when she felt the quake.

"I simply took my kid and ran down the steps. The elevator was out of service. I don't know how I walked nine floors down. It felt like this was the end of the world," she said.

Officials have announced two days of mourning in East Azerbaijan province.

THE ASSOCIATED PRESS

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Layton shoot bittersweet for Chow

She may have known the late Jack Layton better than anyone else in the world, and this weekend Olivia Chow was in Winnipeg to visit a movie being filmed to share her story with the rest of us.

"Some parts of it are painful, and some parts are joyous," said Chow on set for Smilin' Jack: The Jack Layton Story. "It's the story of an ordinary person being able to … make a bit of difference in the everyday life of people."

Chow spent two days in the city meeting the cast — including Sook-Yin Lee who plays Chow, and Rick Roberts who's taking on the role of her late husband.

Chow said she worked closely with the writer, producers and director of the movie, set to air on the CBC next year, and met with Lee and Roberts to help coach them on their roles. She also lent personal items of Layton's — including the cane he carried throughout last year's federal election campaign.

Some scenes will be easier to watch than others, said Chow, admitting a hospital scene at the end of Layton's life, set to be shot Monday, will be emotional.

Despite the emotional ups and downs of the process, Chow said she's very glad Layton's story is being immortalized on film.

"It was difficult but I welcomed it," she said.

SHANE GIBSON/METRO IN WINNIPEG

Sook-Yin Lee, left, and Olivia Chow.
SHANE GIBSON/METRO

Online piracy. Google cracks down on repeat copyright offenders

Google is altering its search results to de-emphasize the websites of repeat copyright offenders and make it easier to find legitimate providers of music, movies and other content.

The move is a peace offering to Hollywood and the music recording labels. This year, Google joined other Silicon Valley heavyweights to help kill legislation that would have given government and content creators more power to shut down foreign websites that promote piracy.

The Motion Picture Association of America issued a lukewarm response, saying it was "optimistic" the change would help steer consumers away from piracy.

"We will be watching this development closely — the devil is always in the details," MPAA senior executive president Michael O'Leary said in a statement.

Next week, Google will start using "valid copyright removal notices" to rank its search results, according to a Friday blog post by Google's senior vice-president of engineering, Amit Singhal.

Google typically ranks websites based on how many other sites link to them, on the belief that sites that get more links are more trustworthy and useful. But Google also regularly tweaks its formulas to reflect special circumstances.

THE ASSOCIATED PRESS

Google announced Friday that it will start using "valid copyright removal notices" to rank its search results starting this week. JUSTIN SULLIVAN/GETTY IMAGES

Hacked. WikiLeaks hit by denial-of-service attack

The secret-busting organization WikiLeaks says it's been the victim of a sustained denial-of-service attack that has left its website sluggish or inaccessible for more than a week.

In a statement released late Saturday, the group said the assault intensified around the beginning of August and has since expanded to include attacks against affiliated sites.

Josh Corman, with online content-delivery company Akamai, characterized that as "a bit larger" than attacks commonly seen in the past few years.

By the numbers

10 Gb

WikiLeaks said the site has been flooded with 10 gigabits per second of bogus traffic from thousands of different Internet addresses.

WikiLeaks, which has angered officials in Washington with its spectacular releases of classified U.S. documents, remained inaccessible Sunday.

THE ASSOCIATED PRESS

Equalization

Quebec Liberals tout northern-development plan

Jean Charest's Liberals predict Quebec will make the historic transformation into a "have" province over the next quarter-century thanks to an ambitious northern-development plan.

Quebec's natural resources minister says the project — known as "Plan Nord" — will enable the province to wean itself off decades of federal equalization transfers, tackle its heavy debt and bankroll its costly social programs.

Clement Gignac's prediction would see the province pump cash into the federation for the first time since the modern equalization program was established in the 1950s.

THE CANADIAN PRESS

Olympic volunteers like Samuel Head, seen here helping with crowd control on Friday in London, show England's banks that "motivation does not come from financial incentives alone," said Bank of England governor Mervyn King. JEFF J. MITCHELL/GETTY IMAGES

Banks can learn from Olympics: BoE head

Sporting spirit. Mervyn King suggests Britain's financial sector would do well to borrow from London 2012's playbook

Britain's scandal-tainted bankers could learn a thing or two from the country's athletes after these Olympics, the country's central banker says.

In a newspaper editorial Sunday, Mervyn King wrote that the London Olympics showed it was wrong to argue that massive bonuses were needed to motivate people to do well.

King said the success of Olympians and the pride of the 10,000 volunteers at the Games showed that "motivation does not come from financial incentives alone."

"The financial sector has done us all a disservice in promoting the belief that massive financial compensation is necessary to motivate individuals," he wrote in the Mail on Sunday.

"Look at the success of the volunteers whose presence at the Olympic Park and around London did so much to create the atmosphere of happiness that pervaded the games."

The recent scandals that have rocked Britain's financial world showed that "banks could learn a thing or two about fair play from the Olympic movement," he said.

King's comments come as the reputation of Britain's banking industry — which took a body blow during the global financial crisis — has hit new a low.

British banks have long been in the dock over misselling of insurance and interest-rate products to consumers and small businesses. But more recent scandals have provided new shocks.

King isn't the first to argue that British Olympians — who are basking in the glow of a huge haul of gold medals — could set an example for other sections of society.

England manager Roy Hodgson said Saturday he wanted the country's soccer players to behave more like Olympians, underscoring fans' unhappiness with a "season of shame" marred by two high-profile racism cases.

THE ASSOCIATED PRESS

Quoted

"Banks could learn a thing or two about fair play from the Olympic movement."

Mervyn King, Bank of England governor

Lobsters are unloaded from a boat Thursday in Maine. THE CANADIAN PRESS

Deal reached in lobster price war: Union

A week-old conflict over cheap American lobster driving down lobster prices in New Brunswick came to an end Saturday when disgruntled fishermen, the government and fishing processing plants reached an agreement.

Christian Brun of the Maritime Fishermen's Union said it took the whole week to focus and reach an agreement, but a tentative deal was reached Friday night and approved by most of the fishermen early Saturday morning.

"We put aside differences and just focused all our efforts on a resolution," Brun said.

Tensions over lobster prices bubbled over last week, when fishermen in the province held demonstrations at processing plants in Cap-Pele and Shediac and trucks were blocked from delivering Maine lobsters to three processors.

Processors agreed more than a week ago to pay a minimum of $2.50 per pound for processed lobster and $3 per pound for live market lobster but the union said it wasn't enough.

THE CANADIAN PRESS

HOME-FIELD ADVANTAGE FOR WARNER AT CANADA CUP

URBAN COMPASS
Todd Devlin
london@metronews.ca

When the country's best high school-aged baseball players made the trek to London last week, they travelled from far and wide to participate in the 2012 Canada Cup. Andrew Warner, though, didn't have to go anywhere.

Warner, the only London-born player in the tournament, competed as a member of Team Ontario, a squad made up of 20 of the most talented ballplayers from across this province. Being recognized was a real thrill for the 17-year-old pitcher.

"It means a lot to me," Warner said. "It's a great honour to play with these guys. And we had a great squad here."

That squad went undefeated in round-robin play, winning six straight games and earning a bye into the playoff round, where it won a semifinal match against Manitoba and advanced to the championship Sunday night. Warner wasted no time contributing to the Ontario team, picking up the win in the team's opener, a 10-8 victory over Quebec. The right-hander struck out four in two innings of relief.

Playing for hometown crowd

"It was great having them out to the games helping us."
Andrew Warner, Team Ontario pitcher

"It was a little nerve-wracking at first, with the crowd and everything," he said. "But once I settled in, it was great. I just let the defence play behind me and worried about pitching."

For Warner, it wasn't just any crowd. It was the hometown crowd, and that was particularly special.

"It was great having them out to the games helping us," said the teen, who will enter Grade 12 at Saunders Secondary School this fall. "It was definitely better than playing away from home."

Last year, the Ontario team travelled to New Brunswick for the event, where it captured the gold medal. London's Dayton Dawe was a member of that squad. In June, the 18-year-old pitcher was selected in the 15th round of the 2012 Major League Baseball draft by the New York Yankees.

That's certainly a path that Warner would like to follow, and making Team Ontario is a step in the right direction. Last week, he performed well in his role as a reliever. In three round-robin appearances, he tossed four innings without allowing an earned run, giving up five hits and striking out seven.

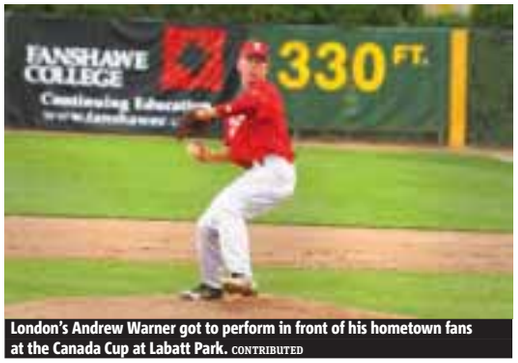
It has been a busy summer for Warner. As a member of the London Badgers midget team, he saw action at pitcher as well as in the middle infield (shortstop and second base) and in centre. On the mound, he struck out 29 in 18 2/3 innings. On the base paths, he was a perfect 27 for 27 in stolen-base attempts.

In the meantime, he shuttled back and forth from Vaughan for Team Ontario tryouts.

"They selected a 40-man roster first, and then we went back a month later and they dropped it down to the final 20," he said. "I found out I made the team at the end of July."

And though the team had just one week to practise together before the tournament, Warner says the players gelled quickly.

"Everyone was good with each other, so we got along great," he said. "My goal was just to pitch as well as I could and try to help the team win."



London's Andrew Warner got to perform in front of his hometown fans at the Canada Cup at Labatt Park. CONTRIBUTED

What a little Barry White can do

GARETH FULLER, PA/THE ASSOCIATED PRESS

Flamingo babe

Sexy crooner aids breeding birds

A two-week-old unsexed Chilean flamingo is encouraged from its nest by its mother Gabriella, centre, as its father Maurice stands guard at Drusillas Park in Alfriston, southeast England, on Friday.

Earlier in the year, Barry White songs were played to the birds to encourage breeding.

THE ASSOCIATED PRESS

The mating game

- Chilean flamingos live in large flocks in the wild and require crowded conditions to stimulate breeding.
- During breeding season, males and females display a variety of behaviours to attract mates, including head flagging — swivelling their heads from side-to-side in tandem — and wing salutes, where the wings are repeatedly opened and closed.
- Males and females co-operate in building a pillar-shaped mud nest, and both incubate the egg laid by the female.

- Upon birth, the chicks have gray plumage; they don't gain adult coloration for two to three years.
- Both male and female flamingos can produce a nutritious milk-like substance in their crop gland to feed their young.

Source: Lincoln Park Zoo

With a leg to stand on

1

The Chilean flamingo often stands on one leg, tucking the other beneath its body to preserve body heat.

With tall, thin legs and a long, flexible neck, the Chilean flamingo can reach up to 40 inches in height.

What appears to be the bird's knee is actually its ankle — the joint bends backward rather than forward.

Wortley Village steps up to Jerry's plates

News Worth Sharing

Media will always have to report on the tough stuff. But we know that Canada is full of compassionate individuals, inspiring projects and stories worth celebrating. Here's just one.

Mention the name "Jerry" to any resident of Wortley Village and you'll receive a knowing smile.

Most small communities have shared attributes, things that unite and define them: Anything from unique geography, a historical significance or a famous resident.

For Wortley Village, the "shared something" is an elderly gentleman named Jerry.

Neighbours sitting in coffee shops will have their conversations united by him. Strangers will get introduced to one another by him. He's the friendly glue of Wortley Village. And, for some time now, residents who travel far and wide have reciprocated by bringing back licence plates for the collection-keen Jerry, who loves his plates above all.

His collection, comprising thousands of car plates from around the world, has been on display at the Landon library. For Jerry, it doesn't get any better than that.

And, having collected so many car plates, he's now moved on to motorcycle bike plates!

If you've got an old one, or if you are travelling, e-mail Barbara and Wayne Harrison at harrisonwb183@aol.com and they'll happily put you in touch with Jerry. He'd love more on his plate.

CRAIG AND MARC KIELBURGER

Email us for more information and to get involved. Help the good news get around. Send your stories of local heroes and positive action to goodnews@metowe.com and we'll share them right here.

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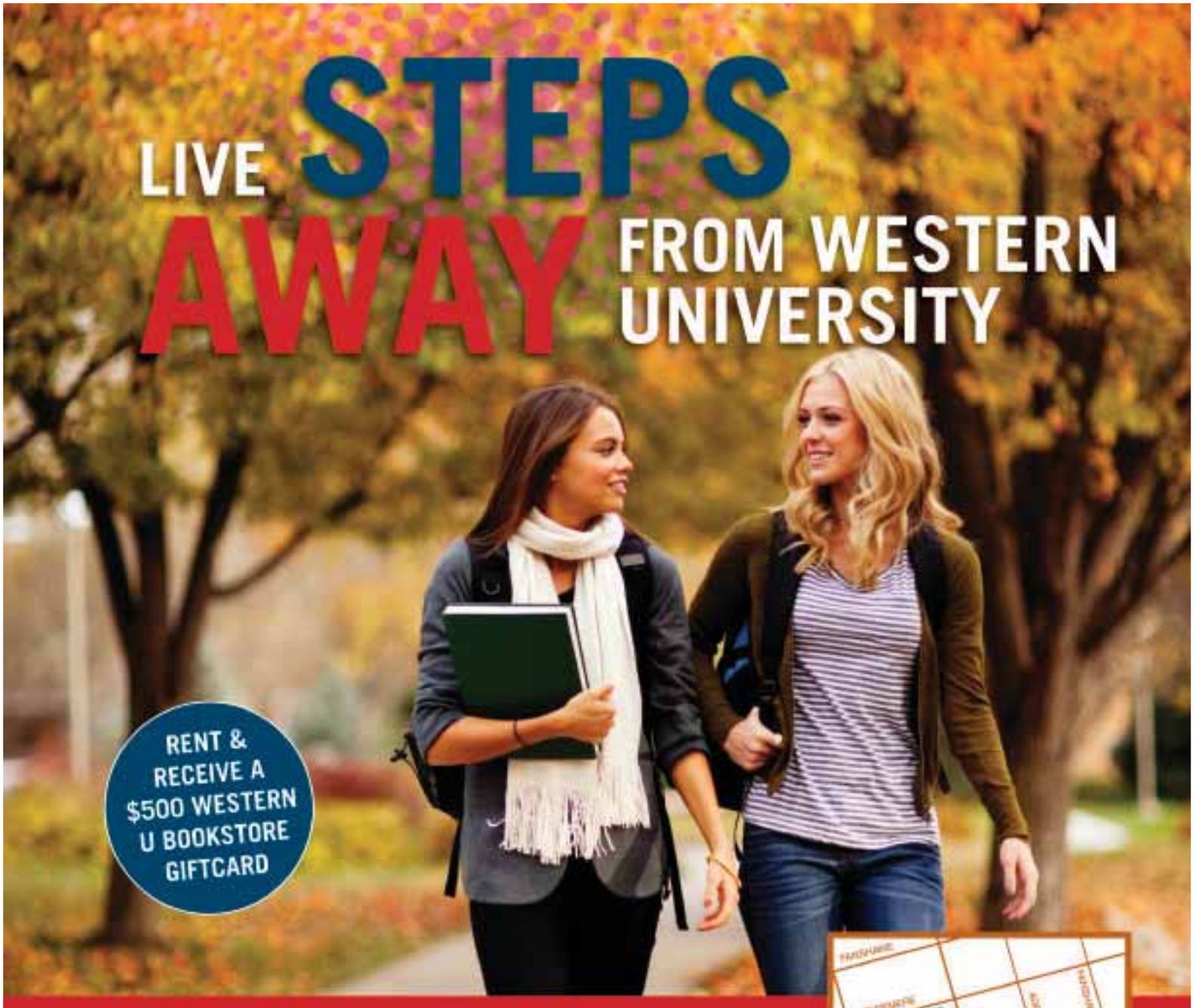
LIVE STEPS AWAY FROM WESTERN UNIVERSITY



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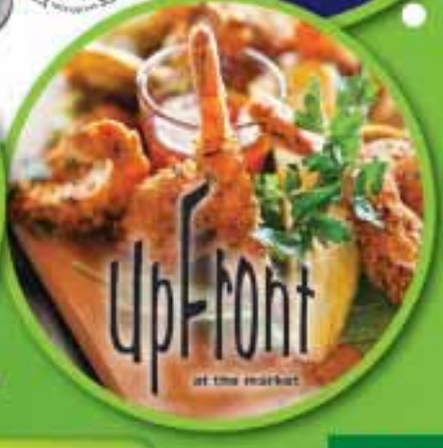


UpFront

at the market

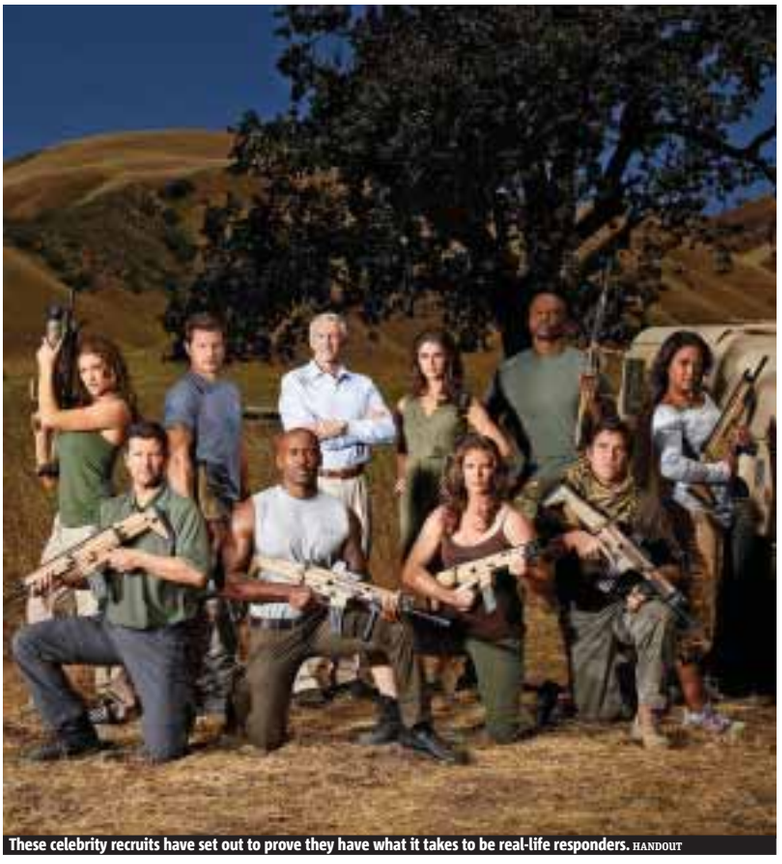
Check out these items and more!

Bidding Starts September 7

metro

All stunts, no doubles as these stars earn their stripes

Boot camp reality. Celebrity recruits are put to the test in new TV series that has them competing in army-style events against seasoned pros


These celebrity recruits have set out to prove they have what it takes to be real-life responders. HANDOUT

Starting this week, you can watch actors and actresses leap from buildings and battle armies of invaders, emerging victorious and unscathed. Viewers may chalk it all up to stunt men and women and digital special effects. Today's pampered celebrities wouldn't survive five minutes in a real combat zone, right?

Take that back, soldier. Eight celebrities set out to prove that they really do have what it takes to be real-life responders in the boot camp reality series Stars Earn Stripes (premiering Monday at 8 p.m. ET on NBC, 9 p.m. on Global).

The celebrity recruits were on hand to meet the press at the recent TV critics tour in Los Angeles, including boxer Laila Ali; former TV Superman Dean Cain; actor and former NFLer Terry Crews (now on The Newsroom); The Sing Off host Nick Lachey; Alaskan outdoorsman and political spouse Todd Palin; Biggest Loser trainer Dolvett Quince; former Winter Olympian Picabo Street; and WWE diva Eve Torres.

Posters for the series, showing the gun-toting celebs running next to the slogan, They're Not in Hollywood Anymore, give it a Tropic Thunder vibe.

Jack Osbourne was apparently hoping to earn his "Stripes" until news emerged that he was diagnosed with multiple sclerosis. Executive producer David Hurwitz admits Osbourne was in talks to join the series but "prior to us making our decision, it was found out that the rigours of the show were too intense for him." Mom Sharon disagrees and has announced that she is leaving NBC' America's Got Talent as a result.

A few of the celebrities who made the cut almost wished they hadn't. The series was shot over a few weeks at the beginning of this summer. The eight celebs had to compete in actual army-style events against eight real life Special Operatives, including former Navy SEALs, army special forces Green Berets, SWAT commanders and a current member of the Orange County sheriff's department. "I thought this was going to be the same old corny military show where they've got the obstacle courses and BB guns," says former Navy SEAL Grady Powell.

"That was the farthest thing from Stars Earn Stripes. We're jumping out of helicopters. There are people crying. Might see me cry."

"There was a moment," adds Lachey, "when going through my mind is, 'What in the world have I gotten myself into here?"'

"I can say I almost drowned, and that is for real," says Crews. He felt one of the Ops grab him from the back of his pack and haul him out of a river as he was going down for the third time.

"If this had been a real, live operation, I would have died. That is the truth."

THE CANADIAN PRESS

What about Sarah?

Todd Palin, Sarah Palin's husband, is used to hanging out in the shadows when it comes to the spotlight. But for Stars Earn Stripes, Sarah says she's happy to hand over centre stage to Todd. Todd is a "world champion snow machine racer, he's got all the physicality that's required, a lot of mental toughness too," said the former Alaska governor. "I'd have to do a whole lot of push ups," she said, adding "politics are pretty brutal, too."

Not a sellout. Late Beastie Boy Adam Yauch has provision to ensure artistic property won't be used in advertising

The Beastie Boys' Adam Yauch rapped that he wouldn't "sell my songs for no TV ad." His will shows he wanted to make sure that held true after his death, too.

"In no event may my image or name or any music or any artistic property created by me be used for advertising purposes," says the will, filed this week in a Manhattan court. Yauch, known for his good nature as well as his raspy voice in one of hip-hop's groundbreaking acts, died of cancer in May. He was 47.

Also known as MCA, Yauch was a founding member of the Beastie Boys, a group that helped hip-hop gain mainstream attention in the 1980s.

As white guys from Brooklyn in a genre with few credible white performers at the time, they emerged as prankster pioneers and scored such hits as Brass Monkey, No Sleep Till Brooklyn and (You Gotta) Fight for Your Right (To Party!) They had four No. 1 albums and sold more than 40 million records.

It's not clear whether the provision in Yauch's will, first reported by Rolling Stone's website, covers all the Beastie Boys' output.

His lawyer and the group's spokesman declined to comment Friday.

But the Beastie Boys have signalled that they are keeping a tight rein on commercial use of their work.

The surviving members, Michael "Mike D" Diamond and Adam "Ad-Rock" Horovitz, and Yauch's widow, Dechen Wangdu Yauch, sued the makers of Monster energy drink Wednesday over what the Beastie Boys say was an unauthorized, 23-minute medley of their music in a promotional video.

A representative for Corona, Calif.-based Monster Energy Co. didn't immediately return a call Friday.

THE ASSOCIATED PRESS

Adam Yauch EVAN AGOSTINI/THE ASSOCIATED PRESS FILE

SCENE 2

On the web

American Idol winner Phillip Phillips received Olympic exposure with debut single Home

Another excellent adventure for Wyld Stallyns?

Third Bill & Ted film.
Reports say Keanu Reeves and Alex Winter will reprise their roles as a pair of dim metal heads

CASSANDRA GARRISON
Metro World News in New York

In most excellent news, fans of Bill & Ted could be in for a highly-anticipated treat: a third film starring its original cast of Keanu Reeves and Alex Winter. Looks like the rumours are true, dudes!

Vulture reports there are plans in the works for a second sequel, which would follow Bill and Ted into their current lives since their last adventures together in Bill & Ted's Bogus Journey back in 1991. Think Hot Tub Time-Machine, only more bodacious.

MGM Pictures owns the rights to Bill & Ted, but another studio could come on board as a co-financier.

It would be the first time Keanu Reeves and Alex Winter have appeared together on screen since 1991.

Will Bill and Ted return to remind us to be excellent to each other? HANDOUT

What have these two dudes been up to since then? Reeves enjoyed plenty of success after his stint as Ted, going on to star in mega blockbusters like Speed, The Matrix and Something's Gotta Give.

He's already slated for more work well into 2013 as 47 Ronin and Man of Tai Chi are set to be released.

Winter, on the other hand, has not enjoyed as much success after playing Bill.

In fact, he hasn't worked in TV or film since 2009, according to IMDB, so it's no surprise that he's willing and ready for a Bill & Ted comeback.

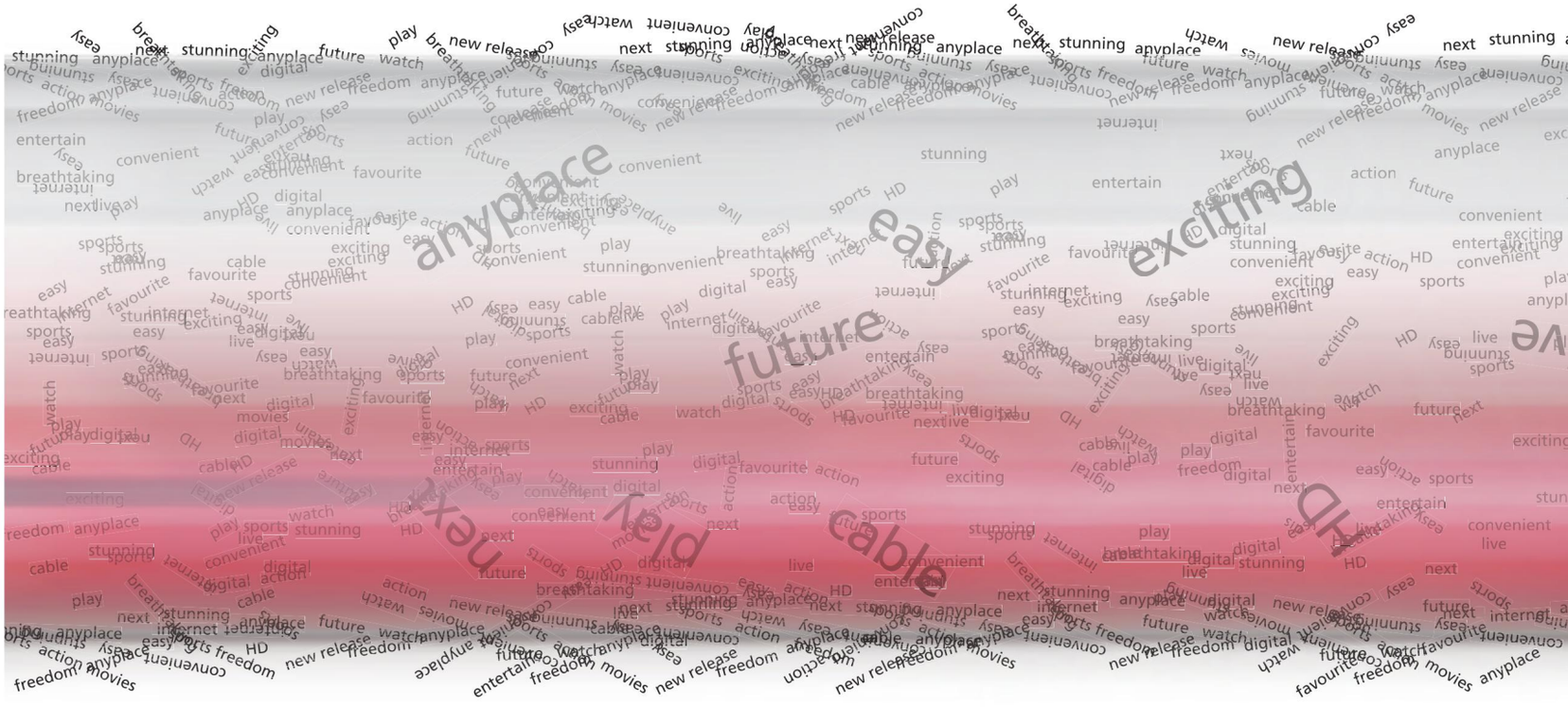
Winter starred in the movie Freaked in 1993, but after that things started to slow down for him.

Some voice work in a series called Saul of the Mole Men and a few TV movies later, and Winter dropped off the map.

However, he's been on board for the Bill & Ted follow up for quite some time.

He first commented on the rumours back in March, telling MTV, "I think the reality is there probably will be another one."

Bill & Ted fans everywhere are hoping it's true.



Things look a bit Grimm for Nick Burkhardt

Season premiere.
Grimm returns tonight and the life of its main detective has gotten quite complicated

The producers of TV's Grimm say viewers will finally get some answers when Season 2 kicks off Monday night.

The fantastical show focuses on Nick Burkhardt (David Giuntoli), a Portland detective descended from a group of criminal profilers known as Grimms, who battle various supernatural forces.

At the conclusion of Season One, Nick's life had become, well, complicated.

He'd had an encounter with his mother (Mary Elizabeth Mastrantonio), even though he thought she was dead; his partner Hank (Russell Hornsby) was in rough emotional shape; and his fiancée, Juliet (Bitsie Tulloch), was in a potential life-and-death situation.

"Is Juliet dying? Well you've got to stay tuned to find that out," co-producer David Greenwalt teased in a recent conference call with reporters.

Greenwalt said the return of Nick's mother will all be explained in the first episode.

"She's been on a long quest and they have lots of issues to work out. One with the other. And boy does he have a lot of questions he wants answered," he said.

"We're not going to continue to tease people. But, in the first episode and in the second episode too, a lot of these questions will be very clearly answered."

Quoted

"It will be bigger, and badder, and more dangerous, and more vicious"

Grimm co-producer David Greenwalt on some of the challenges character Nick Burkhardt will face this season.

The show is a hybrid of many different elements, said Greenwalt, who formerly produced cult fave Buffy the Vampire Slayer.

"It's a part procedural, part genre show," he explained. "So if you just like a kind of a Law & Order-solve-a-crime, you can watch this show. If you like mythology and critters you can really watch this show."

While Nick has already been through his share of trials, Greenwalt says he'll face something he's never dealt with before in the upcoming season.

"It will be bigger, and badder, and more dangerous, and more vicious," he hinted.

He says the character will come into his own more as the series progresses, and that learning about his past from his mother will help with that. Greenwalt says Burkhardt will come "to grips with a lot of the emotional things that have happened to him.

"We'll also reveal some more of the deeper history with the Grimms and tie it to some more real events in the past," adds co-producer Jim Kouf.

Grimm airs on NBC and CTV.

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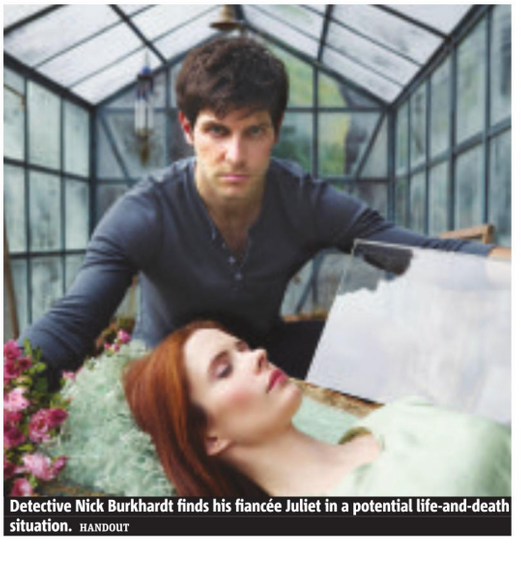
Detective Nick Burkhardt finds his fiancée Juliet in a potential life-and-death situation. HANDOUT

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METRO DISH

OUR TAKE ON THE WORLD OF CELEBRITIES

Angelina Jolie and Brad Pitt. ALL PHOTOS GETTY IMAGES

Pitt and Jolie spark much ado about nothing

Rumors raged this weekend that a party Brad Pitt and Angelina Jolie were throwing for Pitt's parents' anniversary at their French estate was actually a cover for the famous couple's wedding, with the Sun even confirming a guest list of about 20 people — including Jolie's jeweler.

But not only was there no wedding, there apparently wasn't even a party for the elder Pitts, according to photo agency X17.

"We sent an X17 photographer all the way down to the south of France — it's pretty much in the middle of nowhere — to check out Brad Pitt and Angelina Jolie's chateau Miraval to see just what's going on," the agency gripes on its site about the move.

"There's nothing going on."

The Word

Perry pairing up with Mayer

THE WORD
Amber Ray
scene@metronews.ca

It looks like Katy Perry's got a type... tall, dark and grungy. After splitting with hubby Russell Brand last year, the Wide Awake singer now seems to be getting cosy with another member of the shower-averse club: John Mayer.

The two, who shared a dinner date earlier this month and have been spotted around Hollywood since, were recently snapped leaving a house party in Los Feliz, Calif., over the weekend, TMZ reports.

So is the Hollywood playboy who's been linked to a slew of A-list ladies, including Jennifer Aniston, Jessica Simpson and Taylor Swift, Perry's new knight in shining armor?

"She's not talking like he's 'the one,'" a pal of Perry's tells People magazine. "She's comfortable around guys who understand the craziness of that world, which he definitely does."

If Perry has indeed found a man who understands her kind of world a technicolour dreamland with purple wigs and whipped-cream-spewing bras we can't help but wonder what John Mayer really has been putting in his pipe all these years.

Jada Pinkett Smith

Smith smacks down divorce rumours

Jada Pinkett Smith is working hard to shake the ongoing rumors that she and Will Smith are splitting up.

"We're not getting a divorce," she tells Essence magazine. "Where am I going to go? That's my boo. It's like he's another part of me."

The rumors began cropping up earlier this year, and the couple's multiple denials have done little to quash them.

Twitter

@usainbolt
Thanks to all my real fans and people who believe in me. I am now a living legend that's for sure.

@ryanlochte
Finally going to be able to go on the double decker bus and get a tour of London. So excited. #Jeah

@TomDaley1994
Let the madness begin!!!

@serenawilliams
Gold Medal!!!! I can't believe it. I got the singles gold!!!!!! I'm gonna sleep in it tonight!

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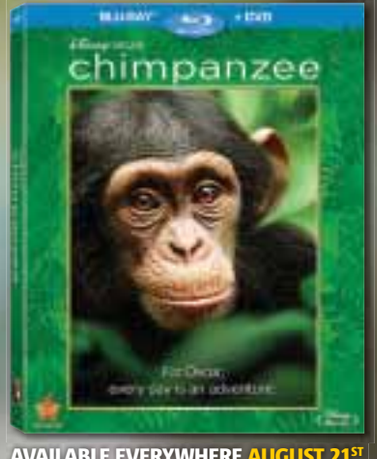

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Arts and Crafts

Tie-dye without all the mess!

The kids will love these T-shirts you can make together. All you need is: Sharpie permanent markers, isopropyl rubbing alcohol, a medicine dropper and a cotton T-shirt.

1. Slide T-shirts onto cardboard so the ink won't bleed through to the back.
2. Draw your design. Go crazy!
3. Using the medicine dropper, squeeze out 10 drops of rubbing alcohol in the centre of your picture. Depending on the size of the image, you'll need about 10 drops and you can adjust as you go.
4. Let dry (we used a hair dryer to dry them more quickly).
5. Wear your amazing art.

SHARON DEVELLIS

Make a tie-dye T-shirt with Sharpies. ISTOCK

Numbers before bed

Math Lessons

New Jersey mom Laura Overdeck has devised a blog called Bedtime Math (bedtimemathproblem.org), which challenges kids to tackle a math problem before bed. The site offers a no-pressure approach to sharpening up numeracy skills. YUMMYMUMMYCLUB.CA

On the Web

Grandma is aghast that Mommy put you in a skull-and-crossbones onesie. It's not a gateway to gang membership — it was from Baby Gap! Follow along with the comedic (mis)adventures of mommyhood online at metronews.ca/voices

What makes a mommy?

Parenting. One foster mom shares her thoughts on the coveted 'mom' title

KAREN ELLIOTT
YummyMummyClub.ca

Should children call their foster parents 'mom' and 'dad'? ISTOCK

"So, you're not her REAL mother." I had to breathe deeply as I turned and walked away, with two-year-old Allie in tow.

I did not give birth to Allie. I'm her foster mother. I am the one who feeds her and clothes her; the one who gets up with her at night when she can't sleep; the one who cleans up spilled milk and crayon wall art — every single day.

And, yet, despite this, I'm not allowed to cut her hair, take her on vacation, sign school permission forms without signed letters of approval. I'm not her legal guardian — or even considered her parent.

So, who am I?

Every 90 days, I meet with Children's Aid and Allie's biological mother to discuss the type of care that I am providing.

I have to listen to this woman — who has never been a parent since Allie went straight to foster care at birth — and her wishes about how her child needs to be fed, clothed and parented.

How I need to take her to a specific doctor, in another neighbourhood, an hour away, for checkups. How I need to go to a specific church on Sundays. How I have to dress her in pink more, so people don't think she's a boy.

And how I have to encourage her to call me something other than "Mommy."

Allie's biological mother has never been with her daughter for more than two hours at a time — and only in an office where she is closely supervised.

"Mom" has never taken Allie to the park, given her a bath or put her to bed.

I'm the one teaching manners, surviving potty training and enforcing timeouts for bad behaviour.

Maybe one day, Allie will be able to return to her biological mother, but until that happens, I am the one who is parenting this little girl.

And until that time, "Mommy" is the only title I can see that fits.

And why wouldn't it? My own children call me mommy daily, why would I expect my foster children to call me something different?

No one in our house is treated differently. Everyone gets the same love and attention, eats the same food, and shares the same toys.

Last week, I drove Allie to the Children's Aid office for her regular visit and a social worker walked Allie to the front door where her biological mom was waiting. I heard the worker say, "Look! It's mommy!" and then I saw Allie turn around, point to me and announce firmly, "DAT'S my mommy." I had to smile.

Raising a child is what makes you a parent. It has nothing to do with the uterus you came from.

Books that will have them laughing out loud

RUTH SPIVAK
YummyMummyClub.ca

"Well, there ain't no cure for the summertime blues," goes the song. I beg to differ! Now may be the perfect time to cheer up with a funny book. I love to cuddle up and share some laughs with the kids.

Ages 3 and up

Don't Let the Pigeon Drive the Bus by Mo Willems. Parents and kids can't help but dialogue with the pigeon when he begs to drive the bus. If you can't always say no to your child, say no to the pigeon!

Ages 6 and up

You're A Bad Man, Mr. Gum! by Andy Stanton. Mr. Gum is a stinky, gross man who is mean to children. Luckily for the town of Lamonic Bibber, an angel whacks him on the head with a frying pan every time he neglects his garden. A cast of odd characters and questionable heroes round out this zany book. Check out the other books in this series.

Ages 9 and up

Series of Unfortunate Events by Lemony Snicket. This is great for kids who like their humour dark! "If you are interested in stories with happy endings, you would be better off reading some other book," cautions Snicket. Indeed, very bad things happen to the Baudelaire children, but Snicket's tongue-in-cheek mock-gothic style make for some hilarious moments.

Ages 12 and up

The Princess Bride by William Goldman. This witty satire on a fantasy novel ironically owes its appeal to splendidly rendered elements of the fantasy genre: sword fights, a princess in distress, a handsome prince, and a stupid/evil villain. Teens will appreciate the author's jabs at fairytale love and the not-so-happily-ever-after reality of romantic love. I highly recommend the movie as a perfect pairing.

LIFE 3

On the Web

Grandma is driving Mommy crazy. Scan this code or visit metronews.ca/voices to find out why.

Wow guests with restaurant-style Rock Lobster Tacos

Bring professional chef-style creativity and taste to your kitchen with this chic take on fish tacos. They're the perfect small bite for your next summer soiree.

For an extra kick, add diced jalapeno peppers.

This recipe makes eight to 10 servings. THE CANADIAN PRESS H/O

Ingredients

- 4 rock lobster tails, cooked
- 500 ml (2 cups) cubed watermelon (cut into 1-cm/1/2-inch pieces)
- 2 avocados, peeled and cut into 1-cm (1/2-inch) thick pieces
- 2 papayas, cut into 1-cm (1/2-inch) cubes
- 125 ml (1/2 cup) fresh coarsely chopped cilantro
- 125 ml (1/2 cup) fresh lime juice
- 15 ml (1 tbsp) honey
- 15 ml (1 tbsp) jerk seasoning
- Salt and pepper, to taste
- 8 to 10 taco shells
- 1 head iceberg lettuce
- 30 g (1 oz) shredded coconut

1. Cut lobster tails in half lengthwise (remove vein) and cut into 1-cm (1/2-inch) thick pieces.

2. Combine lobster with watermelon, avocados, papayas and cilantro.

3. Pour lime juice into a small bowl and slowly whisk in honey and jerk seasoning. Pour over lobster mixture and refrigerate for 1 hour, stirring occasionally.

4. Divide lobster mixture among 8 to 10 taco shells and garnish with lettuce and coconut. THE CANADIAN PRESS/ NATIONAL WATERMELON PROMOTION BOARD, WATERMELON.ORG

Healthy eating

Choose it and lose it

ROSE REISMAN
for more, visit rosereisman.com

Tim Hortons' chilled drinks are a Canadian staple during the summer. However, what they're made with makes all the difference.

Medium mocha Iced Capp made with cream (14 oz)

410 calories / 16 g fat
Liquid calories are one of the culprits in excess weight and type 2 diabetes.

Equivalent

This iced drink is equivalent to almost an 8 oz. New York Strip in calories.

Medium Iced Capp made with chocolate milk (14 oz)

230 calories / 1 g fat
The chocolate milk eliminates the calories from the cream.

Chicken Tostadas. Make your own version of Latin American street eats

1. In bowl, place chicken, cabbage, corn, tomatoes, onions and coriander.

2. In another bowl, whisk oil, lime juice, 5 ml (1 tsp) of the chipotle and salt; pour over chicken mix and toss. Add more chipotle, if desired.

3. Heat tostadas or grilled tortillas just until warm. Spread each with guacamole; top with chicken mixture.

THE CANADIAN PRESS/ FOODLAND ONTARIO

Ingredients

- 500 ml (2 cups) thinly shredded, grilled, leftover or deli-roasted chicken
- 250 ml (1 cup) shredded green cabbage
- 250 ml (1 cup) corn kernels (about 2 cobs), raw or barely cooked
- 2 plum tomatoes, diced
- 2 green onions, thinly sliced
- 50 ml (1/4 cup) chopped fresh coriander
- 45 ml (3 tbsp) olive oil
- 20 ml (4 tsp) lime juice
- 5 to 10 ml (1 to 2 tsp) finely minced canned chipotle pepper
- 1 ml (1/4 tsp) salt
- 4 corn tostadas or small flour tortillas (about 15 cm/6 inches in diameter)
- 125 ml (1/2 cup) guacamole

Coconut milk: The unexpected star of Pulled Chicken Tacos

This recipe serves four. MATTHEW MEAD/ THE ASSOCIATED PRESS

Who knew coconut milk could be so confusing?

It shouldn't be. At heart, it's a delicious liquid made from coconuts (duh!) that can effortlessly add an exotically creamy richness to so many foods.

Except that grocers sell about half a dozen different products that go by the same or very similar names. And they aren't interchangeable.

Coconut milk beverage is a sweetened drink made from coconut milk and sugar. It's usually sold in boxes alongside soy milk. Coconut cream is a very thick, fatty liquid made from steeping shredded coconut in hot water at a 4:1 ratio. It is sold in cans, usually in the international aisle. Sweetened cream of coconut is coconut cream that has been sweetened. It's intended for cocktails.

Coconut milk is the real deal and the one you want for cooking. Coconut milk is made like coconut cream, but with a 1:1 ratio of coconut to water. The result is a thick, pourable product.

In Southeast Asia, Africa and even South America, coconut milk is used in curries, soups (like Thai chicken and coconut), sauces, even sweets, such as rice puddings and some baked goods. Here it's used to make Coconut-Lime Pulled Chicken Tacos.

1. Remove meat from chicken, then use fingers to pull any larger chunks into bite-size pieces.

2. In a saucepan over medium heat, combine the chicken, coconut milk, cumin, lime zest and juice, and hot sauce. Simmer until heated through and thick. Season the chicken with salt and pepper, then remove from the heat. Stir in the cilantro, then divide the mixture between the tortillas.

3. Top each serving with diced onion and avocado. Serve.

THE ASSOCIATED PRESS

Ingredients

- 2-lb rotisserie chicken
- 1 cup coconut milk
- 1/2 tsp cumin
- Zest and juice of 1 lime
- Splash hot sauce
- Salt and ground black pepper
- 1/4 cup fresh cilantro, chopped
- Eight 6-inch flour tortillas, warmed
- 1 small red onion, diced
- 1 avocado, peeled, pitted and sliced

Back to school means back to a suitable sleep-pattern routine

Re-establishing a routine. There are methods to retain normality after camps, summer vacations play havoc with your children's bedtimes

When her 12-year-old son returned from overnight camp earlier this summer, Ariana Birnbaum didn't wait long to re-establish his sleep schedule.

After three weeks away from home — where he hit the hay at least two hours later each night — Birnbaum was keen to bring Mason back in line with his regular sleep pattern.

Hours after Mason's lunchtime arrival from camp, the pair sat down and decided on a plan: he would head to bed 15 minutes earlier each night until he returned to his regular bedtime.

"It worked out well and I don't think he feels like all of a sudden he went to bed two hours earlier," said Birnbaum, founder of Becoming Maternity and Parenting Centres in Toronto. "It's a much easier concept to accept if you do it in a smaller sort of increments."

Routine is a key sleep mantra for the mother of three — and not just for her own brood. Birnbaum runs group sleep workshops and one-on-one private sleep consultations.

While daughters Eden, 9, and Noa, 5 1/2, attended camp, Birnbaum said they didn't stray much from the regular night-time routine. But ahead of a two-week family holiday, she was bracing for their typically structured sleep schedule to get slightly off-track and was already gearing up to correct course when they returned — albeit gradually.

She has similar advice for fellow parents regarding re-establishing the sleep routine.

"I think easing into it, so starting a week or so before school's going to start, sitting down with the kids and say: 'School's going to be starting, soon you're going to have to wake-up a lot earlier,"' said the 42-year-old.

"Then, slowly, making the bedtimes slightly earlier and going back to that routine that they had ... during school, where maybe things kind of loosened up. I think that works pretty well."

Jennifer Garden is founder of Sleepdreams, a Vancouver-based company specializing in sleep consultations for children. The registered occupational therapist says a pivotal tool in the sleep-time arsenal is having a wind-down routine prior to bed.

"TV — or screen time in general — is just flashing, blue (and) white lights and it's very stimulating to the brain," Garden said. "So if they can, move all of those pieces earlier and just have some quiet, settling-down time with no rough-housing or playing, and reading some books and singing songs."

Garden said other methods to help in the dozing-off process is to keep darkened rooms at a cool temperature which helps to drop to Stage 1 sleep — the transition from wake to sleep. She said it's also important to establish the bedroom as a place strictly for catching zzzs.

"It's best if you're reading bedtime stories with kids that they're not lying down that they're sitting up, because again, you want their body to associate the position of sleep with lying down.

"It's the same thing with adults and bringing computers or laptops ... to bed. It's just not advisable because your brain really can't settle down because it's expecting that it should be reading a book or watching TV when you're in that reclined position."

Garden said it's critical that parents and caregivers stick to the schooltime sleep plan, particularly during the first week back. She also advises parents to touch base with teachers to see if kids are experiencing any daytime sleepiness which may be an indicator of difficulty getting sufficient shut-eye.

Garden said kids in Grades one through five should be getting at least ten to 11 hours of sleep each night, but said studies find they're actually only getting about nine and a half hours.

"If sleep isn't going well as one of the (activities of the day), none of the others are going to go well, either," she said.

"I see a huge role in terms of making sure that we can facilitate good sleep so that the rest of the day can go well."

THE CANADIAN PRESS

Ariana Birnbaum reads to her daughter, Eden Brown, as part of their bedtime routine in preparation for the new school year. MICHELLE SIU/CANADIAN PRESS

Quoted

"It's a much easier concept to accept if you do it in smaller sort of increments."

Ariana Birnbaum. Founder of Becoming Maternity and Parenting Centres.
Giving advice on how to get kids back to their school-day routines after summer vacation.

Fashion designer Diane Kroe is enjoying her success more after altering her lifestyle and priorities. DIANEKROE.COM

Designer Diane Kroe feels richer after she redefined 'successful'

New plan. Giving up just one part of her fashion business allowed her more time for family, other important parts of life

THE IN-CREDIBILITY FACTOR
Teresa Kruze
life@metronews.ca

Diane Kroe was a reluctant ballerina. At the age of 7 she was accepted into a prestigious ballet school but she found herself more excited about the costumes than dancing. Kroe followed her heart and after a remarkable rise through the fashion world, she became an in-demand clothing designer with her own retail store. She seemed to have it all but when a close friend was diagnosed with brain cancer, Kroe took stock of her own life.

"I sat there and thought, 'I'm so busy I can't even take my kids to Disneyland.'"

Diane did some soul searching and then came up with a new plan. She gave up her store and began hosting fashion trunk shows across Canada. She will expand internationally soon with online shopping.

Becoming automated and hiring the right people are the keys to her new success.

"I think a lot of entrepreneurs are stuck being in control of everything. Find the right people, train them and then let go. I can't believe I wasn't doing this ten years ago."

Designing success

1. Define what success means to you and use it as the foundation for your business.

2. Always focus your energy on the product/service you offer that brings you the largest profit margin and let everything else come to you.

3. Automate your business as much as possible and give yourself the freedom to enjoy your success.

4. Finance as much as you can on your credit card, pay it off on time while building your credit and make sure to collect all the travel miles to cover your travel expenses. (This trick saves me thousands of dollars every year on interest and travel.)

5. Never stop learning and growing ... you and your business must change and evolve with the world around you.

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Tennis

Djokovic makes it two in a row in Toronto

Novak Djokovic won his second straight Rogers Cup title and third overall with a 6-3, 6-2 victory over Richard Gasquet of France on Sunday night.

It's the top-seeded Serbian's first title since winning the ATP Masters stop in Miami four months back and comes exactly a week after losing a bronze-medal match at the London Games.

The victory came under clear skies at Rexall Centre in Toronto after a week of frustrating rain disruptions that forced Djokovic, among other players, to play twice on Friday and late into Saturday night.

Despite the win, he will remain ranked second in the world behind Roger Federer, who pulled out of the tournament because of a scheduling crunch with the Olympics.

Gasquet, the 14th seed at the tournament, was making his first Masters 1000 finals appearance since losing to Federer in Toronto in 2006. He's now lost to Djokovic in seven of their last eight meetings.

THE CANADIAN PRESS

Novak Djokovic serves in Toronto on Sunday. THE CANADIAN PRESS

Rory McIlroy of Northern Ireland celebrates after putting on the 18th green on Sunday at Kiawah Island, S.C. ANDREW REDINGTON/GETTY IMAGES

McIlroy tears one-hit wonder tag asunder

Golf. Twenty-two-year-old claims second major title with dominant win at PGA championship

Right down to his red shirt, Rory McIlroy looked every bit the part of golf's next star in another commanding performance at the PGA Championship.

McIlroy validated his record-setting U.S. Open win last year by blowing away the field Sunday at Kiawah Island in South Carolina. One last birdie from 25 feet on the 18th hole gave him a six-under 66 for an eight-shot victory, breaking the PGA Championship record for margin of victory that Jack Nicklaus set in 1980.

"It was a great round of golf. I'm speechless," said McIlroy after hoisting the Wanamaker Trophy, the heaviest of the four majors. "It's just been incredible. I had a good feeling about it at the start. I never imagined to do this."

The 23-year-old from Northern Ireland returned to No. 1 in the world, and he became the youngest player since Seve Ballesteros to win two majors. Tiger Woods was about four months older than McIlroy when he won his second major.

Just like the U.S. Open, this one was never seriously in doubt.

McIlroy seized control with back-to-back birdies Sunday morning to complete the storm-delayed third round with a 67 and build a three-shot lead. No one got closer than two shots the rest of the way, and McIlroy closed out a remarkable week by playing bogey-free over the final 23 holes of a demanding Ocean Course.

David Lynn, a 38-year-old from England who was playing in America for the first time, won the B-flight. He closed with a 68 and was the runner-up.

By the numbers

8

Rory McIlroy also won last year's U.S. Open by eight shots.

Woods, who shared the 36-hole lead for the second time this year in a major, was never a serious factor. He tossed away his chances Saturday before the storm blew in and never could get closer than four shots. He closed with a 72.

If there was a signature shot for McIlroy at Kiawah Island, it might have been on Saturday when his tee shot lodged into a tree on the third hole. He only found it with help from the TV crew, took his penalty shot and fired a wedge into six feet to save par. He was on his way, and he never let up.

By winning the PGA Championship, McIlroy is halfway home to the career Grand Slam.

THE ASSOCIATED PRESS

Versatile Davis keys Jays' win over Yanks

Rajai Davis reacts at the end of Sunday's win over the Yankees.
CHRIS YOUNG/THE CANADIAN PRESS

Rajai Davis had a big day with the bat, equalling his career high with five runs batted in Sunday.

But it was a play he made with his glove that had the Rogers Centre buzzing.

The Toronto Blue Jays left-fielder leaped above the wall to catch what could have been a two-run homer by Casey McGehee in the seventh inning to help blunt a New York Yankees' comeback and hold on to a 10-7 win.

The Blue Jays needed everything they got from Davis to hold on for a victory over the Yankees, not only to salvage a win from the three-game series with the American League East leaders but to end a five-game losing string.

"That was amazing," Davis said. "It's something you think about, you dream about doing something like that at the highest level, especially here at the major-league level. Just to do it here was amazing."

Toronto manager John Farrell was also impressed with Davis's athletic play in the field.

"Rajai had a big day, I don't know how many people make the catch he did," said Farrell. "It was just an outstanding timing play. In the end we had enough to hang on. As deep and as explosive as that lineup is, they came at us in the sixth and seventh innings. A much needed win. A good one."

Edwin Encarnacion also had three hits, including a two-run homer, for the Blue Jays.

Davis and Encarnacion helped left-hander J.A. Happ (1-1) pick up his first win in his second start since he was acquired by the Jays from Houston on July 20. THE CANADIAN PRESS

Sunday's game

Blue Jays	Yankees
10	7

4 SPORTS

Mobile sports

Forget the medal standings. Britain is the big winner at these Olympics with huge crowds lining glorious backdrops and athletes draped in the Union Jack. Canada's storyline is somewhat more complicated, however. Somewhere between Switzerland and Colombia, depending on how you rate success. Scan the code for the story.

The captain of Canada's women's soccer team, Christine Sinclair of Burnaby, B.C., was named the flag bearer for the closing ceremony on Sunday at the Canadian Olympic Committee closing press conference for the London Games. NEIL DAVIDSON/THE CANADIAN PRESS

Canadian Olympians give Games thumbs up

London 2012. Glowing reviews for organizers thanks to few issues and fair weather

Quoted

"We're happy we were here and we're proud to represent our country. And I couldn't be more proud to be Canadian, that's for sure." Kayaker Ryan Cochrane

The reviews are in and they're overwhelmingly positive.

Boosted by co-operative weather and few logistical, food and travel issues, several prominent Canadian athletes gave a big thumbs up to the London Games as the Olympics came to a close Sunday.

"It's been perfect," said Canadian soccer star Christine Sinclair. "No issues, the people are so friendly, everything has been so organized. It's been tremendous."

Sinclair was named Canadian flag-bearer after guiding the national women's team to a bronze medal. She also competed for Canada at the 2008 Games in Beijing.

The intense humidity, heat and smog that were a constant in China four years ago were not a problem in England. There were some showers from time to time but the fears that this would be one of the soggiest Games in history were not realized.

Athletes raved about the location of the Olympic Village, which was close to a large shopping mall, Olympic Park and several of the venues. Language, cultural differences and unfamiliar food were much less challenging compared to some of the hurdles in Beijing and at the Athens Games in 2004.

Kayaker Adam van Koeverden, who took the silver in the K-1 1,000 metres, has won medals at the last three Olympics. He said the 2012 Games were "fantastic."

"My eyes were wide open the whole time," he said. "I was just taking it all in. I'm very cognizant of the fact there are fewer great races ahead of me than there are behind me. I'm just looking forward to every single one. I want to soak them all in.

"I've got awesome memories."

His teammate, Ryan Cochrane, competed with Hugues Fournel in the K-2 200 and K-2 1,000 metres. Cochrane wasn't sure what to expect at the start of his first Games.

"It's just another race when you're here but everything else is kind of overwhelming — in a good way, most definitely," he said.

Many athletes raved of the team culture that existed in the Olympic Village and at Canada Olympic House, which was home to medal celebrations throughout the Games.

"As an experience on its own, it has been wonderful," said triathlete Simon Whitfield, who competed in his fourth Games. "London has done an incredible job. I had a huge disappointment in my race but every other moment has been amazing in London."

THE CANADIAN PRESS

Marathon swimmer Richard Weinberger with his bronze medal on Friday. THE CANADIAN PRESS

Canada matches 2008 medals

Memorable moments, yes, but Canada's overall performance at the London Olympics was unexceptional.

The same number of medals won as 2008 with fewer gold and silver, while falling just outside the goal of a top-12 finish in the overall medal count was a lukewarm outcome.

That doesn't diminish the feats of Canada's medallists in London. On the biggest stage in sports, they rank among the top three in the world.

Eighteen medals put Canada 13th in the overall medal count, two behind Hungary and the Netherlands, who were tied for 11th. Canada finished with one gold, five silver and a dozen bronze.

The country won three gold, nine silver and six bronze at the 2008 Games to finish tied for 14th in Beijing.

The lone gold medal in 2012 is the fewest for Canada at a Summer Olympics since 1976, when the host country won zero in Montreal. Canada was the only country in the top 25 with fewer than two gold medals.

THE CANADIAN PRESS

Weekend in pictures

1 4x100 relay. Heartbreak for Canadian sprinting team

A single misplaced step cost Canada a bronze medal in one of the marquee events at the Olympics on Saturday. The Canadian team was disqualified from the final of the men's 4x100-metre relay Saturday after third-leg runner Jared Connaughton of New Haven, P.E.I., stepped on the line. Jamaica won gold in a world-record time of 36.84 seconds, the United States took silver in 37.04 and Trinidad and Tobago won bronze after Canada's disqualification. THE CANADIAN PRESS

2 Soccer. Mexico pulls off gold-medal stunner vs. Brazil

Mexico didn't need its top stars, the home crowd or rich tradition to win the Olympic gold medal in men's soccer on Saturday. The North American country did it with a team few believed would be contending at the end, a team which stunned the heavily favoured Brazilians with a goal just 29 seconds into the final on its way to a 2-1 victory. THE ASSOCIATED PRESS

3 Kayak. De Jonge finishes strong Olympics for Canadian paddlers

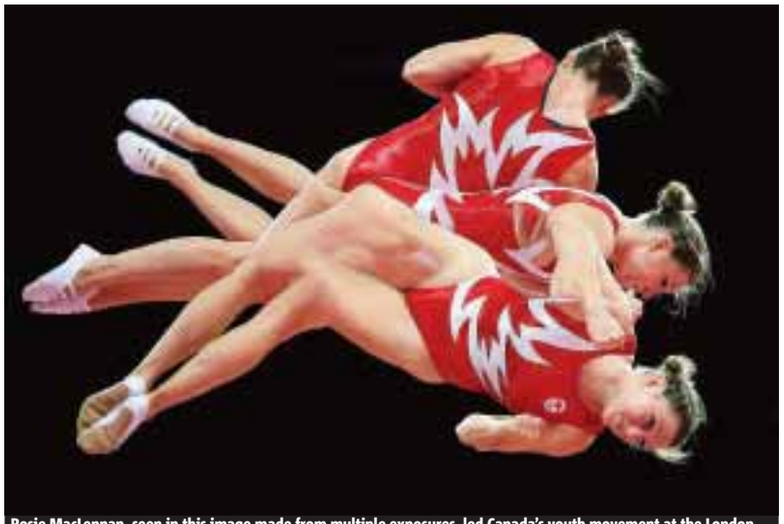
Canadian kayaker Mark de Jonge won bronze in the K-1 200-metre race on Saturday.

Britain's Ed McKeever, silver medallist at the world championships last year and former world champion, won gold in 36.246. Saul Craviotto of Spain won silver in 36.540, ahead of the 28-year-old from Halifax in 36.657. THE CANADIAN PRESS

4 Diving. Britain's Daley steals show with bronze win

American David Boudia took gold in the men's 10-metre platform Saturday, winning by 1.8 points over Qiu Bo of China. Crowd favourite Tom Daley of Britain settled for third but he felt like a winner, claiming bronze on home soil.

THE ASSOCIATED PRESS



Rosie MacLennan, seen in this image made from multiple exposures, led Canada's youth movement at the London Olympics in bouncing to gold on the trampoline on Aug. 2. RONALD MARTINEZ/GETTY IMAGES

Young athletes give sneak peek of Rio

Optimism for 2016.
60 per cent of Team Canada's athletes in London made their Olympic debuts and show promise for Brazil

Whether it was Rosie MacLennan bouncing to gold on the trampoline, or Derek Drouin soaring to bronze in the high jump, youth was an underlying theme in Canada's performance at the London Olympics.

The results bode well for Rio de Janeiro four years from now, where the curtain could come up on a whole new generation of Canadian stars.

"What was so exciting was the enthusiasm of the new people at the Olympic Games," said Mark Tewksbury, Canada's chef de mission. "That kind of energy was I think really what helped us be so relentless and be consistent through the Games and get such a nice outcome at the very end."

More than 60 per cent of the athletes on the Canadian team were making their Olympic debuts, and plenty of them came up big, promising big things for Brazil.

MacLennan, a 23-year-old from King City, Ont., who worked as a volunteer at the 2010 Vancouver Winter Games, cemented her status as Canada's new trampoline star in London when she captured Canada's only gold medal.

Her Twitter followers exploded from 900 to more than 14,000.

Milos Raonic will be one to watch in Rio. The 21-year-old from Thornhill, Ont., played his way into the history books in his second-round loss to Jo-Wilfried Tsonga. It was the longest three-set tennis match in Olympic history, their third set alone lasting three hours.

Canada's track-and-field team had 35 Olympic rookies, and it was the young athletes who shone. They included Drouin, a 22-year-old from Corunna, Ont., whose bronze was Canada's first medal in high jump since Greg Joy's silver at the 1976 Montreal Games.

Meanwhile, Richard Weinberger, a 22-year-old from Victoria, outduelled the reigning world champion over the final metres of the men's 10-kilometre marathon swim race, winning bronze in an event dominated by older athletes.

THE CANADIAN PRESS

Young studs

Other young Canadian athletes to keep an eye on:

- **Paula Findlay**, 22, triathlon (from Edmonton)
- **Damian Warner**, 22, decathlon (London)
- **Monique Sullivan**, 23, track cycling (Calgary)

'Living legend'

Rogge gets heat over 'semantic issue'

IOC President Jacques Rogge wants to set the record straight: Usain Bolt is an "active" legend and the best sprinter ever.

Rogge raised eyebrows earlier this week when he said Bolt needed to prove his greatness over more than two Olympics before achieving his self-proclaimed status of "living legend."

On Sunday, Rogge relented a bit and came up with a different wording for the six-time gold medallist.

"I mean this is purely a semantic issue," he said. "Let me finalize this issue as follows: To say that Usain Bolt is an active performance legend, he is an icon, he is the best sprinter of all time."

Bolt won the 100 and 200 metres at the London Olympics, becoming the first athlete to sweep both events at consecutive games, and anchored the Jamaican team to a world record in the 4x100-metre relay.

Jacques Rogge
GETTY IMAGES

After the relay, Bolt said: "The next time you see him (Rogge) I think you need to ask him what Usain needs to do that no human man has ever done." THE ASSOCIATED PRESS

Final results

MEDAL STANDINGS

Final following 302 total medal events

Nation	G	S	B	Total
United States	46	29	29	104
China	38	27	22	87
Russia	24	25	33	82
Britain	29	17	19	65
Germany	11	19	14	44
Japan	7	14	17	38
Australia	7	16	12	35
France	11	11	12	34
South Korea	13	8	7	28
Italy	8	9	11	28
Netherlands	6	6	8	20
Ukraine	6	5	9	20
Canada	**1**	**5**	**12**	**18**
Hungary	8	4	5	17
Spain	3	10	4	17
Brazil	3	5	9	17
Cuba	5	3	6	14
Kazakhstan	7	1	5	13
New Zealand	5	3	5	13
Belarus	3	5	5	13
Iran	4	5	3	12
Jamaica	4	4	4	12
Kenya	2	4	5	11
Czech Republic	4	3	3	10
Azerbaijan	2	2	6	10
Poland	2	2	6	10

WHAT CANADA DID

On the weekend at the 2012 London Olympics

SUNDAY

ATHLETICS

Men's marathon — Dylan Wykes of Kingston, Ont., completed the 42-kilometre circuit in two hours 15 minutes 26 seconds to place 20th; Eric Gillis, Antigonish, N.S., was 22nd (2:16:00); and Reid Coolsaet, Hamilton, 27th (2:16:29).

CYCLING (MOUNTAIN)

Men's cross country — Geoff Kabush of Courteney, B.C., traversed the course in 1:30:43 to rank eighth — 71 seconds behind the bronze medallist; Max Plaxton, Victoria, did not finish.

MODERN PENTATHLON

Women — Melanie McCann of Mount Carmel, Ont., placed 11th overall in the event with 5,180 points; Donna Vakalis, Toronto, was 29th (4,828).

WRESTLING (FREESTYLE)

Men's 66-kilogram class — Haislan Garcia, Coquitlam, B.C., won his round-of-16 bout by points over Zalimkhan Yusupov of Tajikistan (2-0, 0-2, 2-0); was defeated in the quarter-finals by Tatsuhiro Yonemitsu, Japan (0-1, 1-0, 5-0); then eliminated with a loss in the repechage to Livan Lopez Azcuy of Cuba (1-0, 0-1, 1-0).

Men's 96-kilogram class — Khetag Pliev, Toronto, won his opening match over Javier Cortina Lacerra of Cuba (0-2, 2-2, 1-0); lost to Jacob Varner, U.S., in the quarter-finals (1-0, 1-0); and fell short in the repechage round to Kurban Kurbanov of Uzbekistan (1-0, 4-1).

CLOSING CEREMONIES

Christine Sinclair of Burnaby, B.C., who scored a tournament-best six goals — including all three in a 4-3 semifinal loss to the U.S. — in leading the women's soccer team to a bronze medal was chosen to carry the Canadian flag.

OVERALL

The 2012 team finished with eighteen (one gold, five silver, 12 bronze) to match the third-most medals won by Canada in a summer games (Barcelona, 1992, and Beijing, 2008). Rosannagh MacLennan of King City, Ont., earned the gold medal in women's trampoline.

SATURDAY

ATHLETICS

Men's 4x100 relay — Canada (Gavin Smellie, Brampton, Ont.; Oluseyi Smith, Ottawa; Jared Connaughton, New Haven, P.E.I.; and Justyn Warner, Markham, Ont.) initially won the bronze medal in 38.07 seconds but was disqualified moments later when Connaughton was called for stepping on the lane marker.

Men's 5,000 — Cameron Levins, Black Creek, B.C., finished in 14th place (13:51.87).

Women's 20-kilometre race walk — Rachel Seaman, Peterborough, Ont., placed 52nd in the event (1:37:36).

CANOE/KAYAK

CANOE

Men's singles 200 — Jason McCoombs of Dartmouth, N.S., placed fifth in the B-final (44.973; 13th overall).

KAYAK

Men's singles 200 — Mark de Jonge of Dartmouth, N.S., won the bronze medal with a time of 36.657 in a race where the top six competitors finished within 0.584 seconds of each other.

Men's doubles 200 — Ryan Cochrane, Windsor, N.S., and Emilie Fournel, Lachine, Que., were seventh in the final (35.396).

CYCLING (MOUNTAIN BIKE)

Women's cross country — Catharine Pendrel, Kamloops, B.C., was ninth (1:34:28); Emily Batty, Brooklin, Ont., was 24th (1:40:37).

DIVING

Men's 10-metre platform — Riley McCormick, Victoria, finished 11th in the final with a score of 493.35 points.

TAEKWONDO

Men's 80-plus kilograms — Francois Coulombe-Fortier, Quebec City, failed to advance following a 11-6 loss in the quarter-finals to Daba Modibo Keita of Mali.

WRESTLING (FREESTYLE)

Men's 120-kilogram class — Arjan Bhullar, Richmond, B.C., was eliminated after losing his round-of-16 match to Komeil Ghasemi of Iran, by points (1-0, 1-0).

BASKETBALL

MEN

Sunday's results
GOLD MEDAL
United States 107 Spain 100
BRONZE MEDAL
Russia 81, Argentina 77

WOMEN

Saturday's results
GOLD MEDAL
U.S. 86 France 50
BRONZE MEDAL
Australia 83 Russia 74

SOCCER

MEN

Saturday's result
GOLD MEDAL
Mexico 2 Brazil 1

VOLLEYBALL

MEN

Sunday's results
GOLD MEDAL
Russia 3, Brazil 2 (19-25, 20-25, 29-27, 25-22, 15-9)
BRONZE MEDAL
Italy 3, Bulgaria 1 (25-19, 23-25, 25-22, 25-21)

WOMEN

Saturday's results
BRONZE MEDAL
Japan 3, South Korea 0 (25-22, 26-24, 25-21)
GOLD MEDAL
Brazil 3, United States 1 (11-25, 25-17, 25-20, 25-17)

WATER POLO

MEN

Sunday's results
GOLD MEDAL
Croatia 8 Italy 6
BRONZE MEDAL
Serbia 12 Montenegro 11
FIFTH PLACE
Hungary 14 Spain 8
SEVENTH PLACE
Australia 10 United States 9

Americans fight off Spaniards for basketball gold

LeBron James and Kevin Durant of the United States react after winning the men's gold-medal basketball game against Spain on Sunday in London. The U.S. won 107-100. CHARLES KRUPA/THE ASSOCIATED PRESS

This was no Dream Team. This was reality.

The gold medal was in doubt for the U.S. men's basketball team.

The Americans led Spain by only one point after three quarters, a back-and-forth, impossible-to-turn-away-from game that almost anyone would hope for in an Olympic final.

Especially, it turns out, the U.S. players.

"We knew it wasn't going to be easy. We didn't want it easy," LeBron James said. "A lot of teams have won gold easy. We didn't want it that way. We're a competitive team, and we love when it gets tight. That's when our will and determination kind of shows. It was the same way in '08."

Same result, too.

Gold-medal game

United States	Spain
107	100

The Americans defended their title Sunday by fighting off another huge challenge from Spain, pulling away in the final minutes for a 107-100 victory and their second straight Olympic championship.

And just like 2008, the star-studded Americans had to work for this one.

The London 2012 daily magazine proclaimed them "the new Dream Team" in an article, but the real Dream Team never had a game like this 20 years ago in Barcelona. And if that means this group isn't worthy of the comparisons to Michael Jordan, Magic Johnson, Larry Bird and Co., the players had their own response.

"Everybody wants to make that comparison, but at the end of the day we're both wearing these," forward Kevin Love said, pulling on his gold medal. "That's pretty good."

Kevin Durant scored 30 points and James had 19 on a day he joined Jordan as the only players to win the NBA title, regular-season MVP, NBA finals MVP and Olympic gold in the same year.

Pau Gasol scored 24 points and Juan Carlos Navarro had 21 for Spain.

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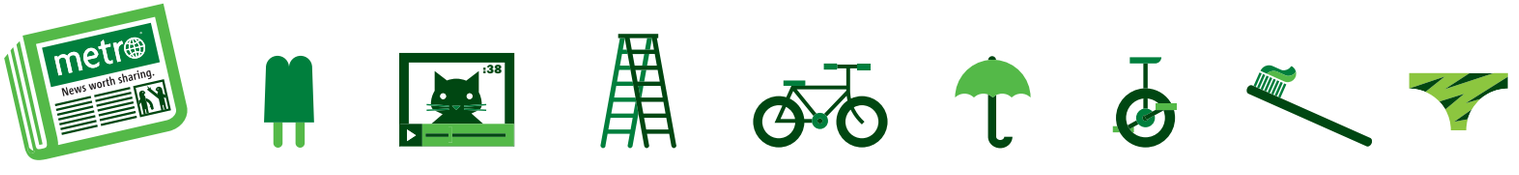

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Horoscopes

♈ Aries
March 21 - April 20
Someone you love will be a bit touchy today, and for no apparent reason. The good news is their negative attitude won't last long – in fact, by the time the sun goes down they will be all over you again.

♉ Taurus
April 21 - May 21
For some strange reason you are reluctant to make the kind of decision that usually comes so easily to you. You may not know why you are suddenly so timid but, for the moment, it's the right thing to be.

♊ Gemini
May 22 - June 21
Are you living beyond your means? If so today's lunar eclipse of Venus, planet of value, in the money area of your chart will help you see where you need to make savings. It shouldn't be too traumatic.

♋ Cancer
June 22 - July 23
There are times when your feelings build up to such an extent that you have to let them out, and such a time is now. Whether they come out in a positive or a negative way is though a matter of choice.

♌ Leo
July 24 - Aug. 23
Go easy on yourself today, especially if something does not work out the way you expected. It's not the end of the world – in fact if you analyze what happens you will make success next time more likely.

♍ Virgo
Aug. 24 - Sept. 23
You may be angry that you made a bad decision but you are human like everyone else, so don't be too hard on yourself. Use this setback to motivate yourself to try again. There's always a next time.

♎ Libra
Sept. 24 - Oct. 23
Venus, your ruler, is eclipsed by the moon today, which means you will have to make a conscious effort not to get emotional. Also, don't be judgmental when dealing with people whose way of life you don't approve of.

♏ Scorpio
Oct. 24 - Nov. 22
You will be confronted by some kind of injustice today and you will have to decide whether to get personally involved. Chances are you will. You just can't stand to see unfairness triumph.

♐ Sagittarius
Nov. 23 - Dec. 21
The planets warn that someone, somewhere is trying to deceive you. The fact that this is a person you trust implicitly makes the situation doubly dangerous. Be on your guard.

♑ Capricorn
Dec. 22 - Jan. 20
Where money is concerned there can be no room for sentiment or personal feelings today, because that will put you at a disadvantage. Whatever decisions you make they must be based on logic and common sense only.

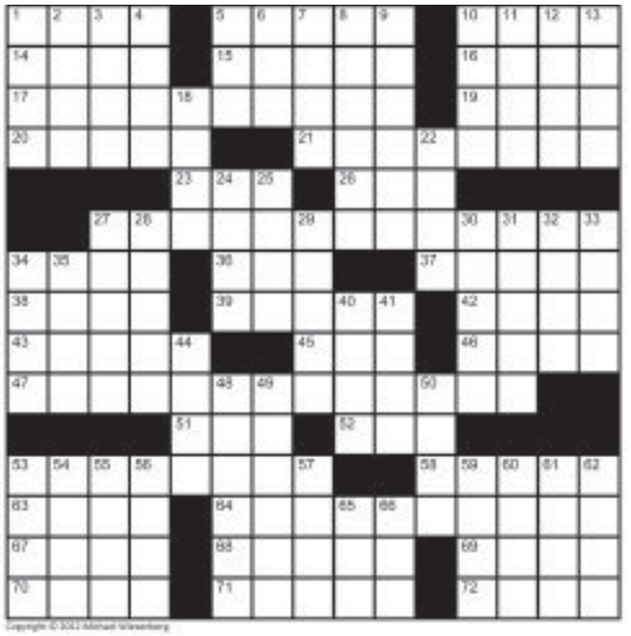
♒ Aquarius
Jan. 21 - Feb. 19
Refuse to get upset if things don't go your way. Yes, of course, it's unfair that you are struggling when others have got it easy but these things run in cycles.

♓ Pisces
Feb. 20 - March 20
Don't give ground on an issue that is causing you a lot of grief because there is a principle at stake here. Others do not have the right to demand that you embrace their values. Remind them of that fact — loudly.

SALLY BROMPTON

Crossword: Olio

BY MICHAEL WIESENBERG



Across
1. Croat neighbor
5. Deep-voiced opera singer
10. Canadian force
14. Industry mogul
15. Emulate 39-Across
16. "The low-priced spread"
17. Montréal-based 2011 Juno Album of the Year winner (2 wds)
19. See 39-Across
20. Actor George who played Mr. Sulu on Star Trek
21. It became a province in 1949, and quit having a separate name in 2001
23. ___-mo: video effect
26. Leading dye brand
27. Montréal-born jazz pianist who wrote "Canadiana Suite" (2 wds)
34. 30-day mo.
36. Many a CEO's deg.
37. Flour might go through it
38. Adjective for babies and puppies
39. With 19-Across, "Catch a Falling Star" singer, 1958
42. Police crisis team acronym
43. Operatic solos
45. Also
46. Slippery fish
47. Montréal-born hockey great Maurice (2 wds)
51. Wide shoe size
52. [Help!]
53. Annual Calgary event
58. Online loan source
63. Opera set on 61-Down
64. Maritime Province (2 wds)
67. Bird food
68. Cuts with scissors, as a coupon
69. Idiot
70. Orson Welles's Citizen ___
71. Barks
72. Olympic fencer's weapon

Down
1. "Shoo!"
2. Poet ___ Pound
3. Adjustable oven feature
4. Scottish hillside
5. Letters used in dating
6. Bark in the comics
7. Make dirty
8. "And what is ___ as a day in June?" (2 wds)
9. 0 or 1 to a programmer (2 wds)
10. Almond ___: toffee candy
11. Blockhead
12. Short note
13. Destitute
18. Computer storage
22. These are found on maps: abbr.
24. Rub one for a genii
25. "Be he alive ___ he dead": "Fe Fi Fo Fum" (2 wds)
27. Eye nerve
28. Chateaubriand
29. ___ Québécois
30. Step part
31. Did needlepoint
32. Racetrack shape
33. Takes home, as salary
34. Wound result, sometimes
35. 100 cents, overseas
40. Mythical birds
41. National Park just across Alberta-BC border from Banff
44. Barely flow
48. Itsy-bitsy
49. Decorated anew
50. "Be with you in ___!" (2 wds)
53. Alta. neighbor
54. "___ Yellow Ribbon Round the Ole Oak Tree" (2 wds)
55. Mideast Gulf
56. Fashioned
57. Badness
59. Be ominous
60. On
61. World's longest river
62. Actress Hudson or Winslet
65. "Killer" PC program
66. Air leak sound

Friday's crossword

What's online

See today's answers at metronews.ca/answers.

Sudoku

How to play
Fill in the grid, so that every row, every column and every 3x3 box contains the digits 1-9. There is no math involved. You solve the puzzle with reasoning and logic.

2			8		1			7
	5		3		9		6	
		8				5		
		9	2		5	3		
3								1
		4	1		6	9		
		1				6		
	4		5		8		2	
8			9		7			4

Friday's Sudoku

9	7	5	4	2	3	1	6	8
2	6	3	5	8	1	4	7	9
1	8	4	6	9	7	5	2	3
5	2	6	8	7	4	3	9	1
4	1	7	2	3	9	8	5	6
3	9	8	1	5	6	7	4	2
6	3	2	7	6	5	9	1	4
8	5	1	9	4	8	2	3	7
7	4	9	3	1	2	6	8	5

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